

THESIS ANNOTATION

Title: The Impact of Baby Swimming on Introductory and Elementary Swimming Training

Aim: To assess the impact of ‘baby swimming’ on the successfulness in introductory and partly in elementary swimming training, and to find out whether also other circumstances (for example the length of attendance at ‘baby swimming’) have some influence on introductory swimming training.

Methods: We used a questionnaire method for the parents of children who had attended ‘baby swimming’ and for instructors Swimming Training.

Results: It was proved that children who had attended ‘baby swimming’ were noticeably more successful in elementary swimming skills compared with children who had not attended baby swimming. However, the differences in mastering the basic swimming skills were only slightly better in the group of children who had done baby swimming. Adaptation to water surroundings progressed in the same way for both groups of children. Nevertheless, children who had attended ‘baby swimming’ looked more confident in general. Furthermore, it has been proved that there is a connection between a child’s successfulness in introductory swimming training and the length of their attendance at ‘baby swimming’.

Key words: Impact, ‘Baby Swimming’, Introductory Swimming Training, Psychomotor Development